

TALK TO KIDS

ABOUT BODY SAFETY & BOUNDARIES

As a care-giver, you can and should talk openly about our bodies and healthy boundaries with your kids. This helps build a strong bond that will make you the “go-to-person” when they have questions or if a situation arises.

So, how do you get this conversation started? If you’re feeling unsure, take a deep breath. We promise you feel more uncomfortable than they do! The most important thing is to make sure your kids understand that no matter what happens, they can share with you without fear of being blamed and that you will protect them.

Below are a few ideas to get started:

- ☐ Tell them they can tell you anything & you will believe them.
- ☐ Use proper names for body parts.
- ☐ “Sometimes touch might just feel uncomfortable, even if you like the person. If it’s uncomfortable, you can say no.”
- ☐ “You don’t have to hug or kiss anyone if you don’t want. Not even grandma. How about a high five instead?
- ☐ “It’s not okay for someone to ask you to touch their private parts with any part of your body, including your mouth.”
- ☐ “No one should ever touch you where a bathing suit covers.” This is a good visual, especially for young children.
- ☐ “Your whole body is a private part whenever you want it to be. You get to decide who touches you.”
- ☐ “No one should ask you to keep a secret. If they do, you should tell me.”

